
**TOWNSHIP OF WEST LINCOLN
WEST LINCOLN AGE FRIENDLY ADVISORY COMMITTEE (WLAFAC)**

MEETING NO. THREE HELD: Friday, March 8, 2024, Township Administration Building, 318 Canborough Street, and Smithville – 9:00 a.m. Council Chambers

PRESENT:

Chair: John Ganann

Members: Mayor Cheryl Ganann
Deb Thomas
Tina Jol
Linda Sivyer
John Ganann
Sue Langdon
Stuart Lord
Kitty McGrail
Karen Parker

Regrets: Councillor Terry Bell
Toni Mills

Staff: Jacquie Thrower, Executive Assistant

1. Welcome and Introduction of members/guests

Chair Ganann welcomed the members of the Committee to the meeting.

2. Ratification of Minutes from last meeting – Feb 9

The minutes of Friday, February 9th, 2024 were ratified by the Committee.

3. Business Arising from Minutes – Collecting Info/resources and contact info for June 14, 2024 Forum – Business Cards etc.

There was general discussion regarding the chart Deb provided and updates were noted. The Committee was encouraged to forward as much contact info as possible to Deb to update the chart accordingly.

John read correspondence regarding selling items at the June 14, 2025 event and it was the consensus of the Committee that we do not allow services or supplies to be sold at this event. For insurance purposes we have advised that no attendees would be offering items to sell.

There was discussion regarding offering a potential shingles vaccine and Jacquie was

directed to reach out to the Manager of Community Services, Niagara Region Health Services concerning what they may need to offer this service to West Lincoln residents.

There was much discussion regarding the event and it was the consensus of the Committee that we would have the following refreshments:

Coffee

Tea

Hot Water

Cold Water and Dispensers with ice in the bottom

Milk, Cream, Sugar, Sweetener, Stir Sticks

Various Trays from Foodland – Mayor and Jacquie will look at Foodland Brochure

We will meet at approx. 8:00 am to make coffee and set up, Jacquie will reach out to recreation staff to inquire if we could set up the afternoon of June 13 if gym is not booked.

Beth Audet, Communications Specialist with the Township of West Lincoln reviewed her media plan and advised she hoped to have advertising start April 2, 2024. She would like to take a picture of the three co-chairs prior to that date to help spread the word. Beth will ensure the Committee has flyers to post along with handouts for distribution. Beth updates the electronic sign and a request was made to speed up the message in order to read it safely while driving.

John inquired who would like to be a greeter at the event and Linda, Sue and Toni were assigned the positions.

It was decided at this time we would not be seeking sponsorship for this event, however at future events we will revisit the idea.

Mayor Ganann advised she recently attended the Niagara Older Adult Alliance (NOAA) meeting on Thursday, February 29, 2024, from 8:30 am to 1:00 pm at the Thorold Senior Citizens Centre, 8 Carleton Street South, Thorold. She advised Brianne Parsons, Recreation and Wellness Programmer attended the meeting and the Alliance will be meeting twice a year and the next meeting will take place in the fall at the City of St. Catharines.

Tina distributed a flyer regarding joining the Older Adult and Care Partner Advisory Council and if you would like additional information please speak to her directly.

Stuart will provide Jacquie with the series information regarding the six-week program he is participating in by Hamilton's Council on Aging.

<https://coahamilton.ca/wp-content/uploads/2024/02/Sackville-Positive-Aging-2024-scaled.jpg>

John advised he attended an excellent nutrition session through McMaster and a sleep disorder one. He provided Jacquie with information to distribute to the committee and links that she will also share.


Committee Members should join this website for additional information:

McMaster Optimal Aging Portal alerts@mcmasteroptimalaging.org


The next meeting is scheduled for Friday, April 12, 202 at 9:00 a.m.

4. Adjournment

The meeting adjourned at 10:44 a.m.



Chair John Ganann or Mayor Ganann



Jacquie Thrower, Executive Assistant

